

# Maidstone Community Centre Activities

# Term 2 - 2018



Do you have a new idea for a program? We would love to hear from you. Please speak to community centre staff to pass on your suggestions!

## MONDAY

### Beginners Plus Computers

Designed for people who have some knowledge of computers. Introduces students to the basics of how a computer works, Microsoft Word and the Internet.

TIME 9.30am – 12pm

DATE 16 April – 4 June (excl. Queens B'day)

COST FREE (eligibility criteria applies)

### English as an Additional Language

Improve everyday English skills through reading, writing, speaking and listening.

TIME 9.30am – 1.30pm

DATE 16 April – 25 June (excl. Queen's B'day)

COST FREE (eligibility criteria applies)

### Vegan Classes

Explore the creative delights of vegan cooking in our state-of-the-art kitchen, run by local chefs from Partice Cinnamon, Eka Wholefoods, One For The Crow and Jack B Nimble! Learn how to combine different flavours and ingredients to create mouth-watering dishes that are fresh and delicious. A series of events not to be missed!

TIME 11am – 12.30pm

DATE 28 May – 25 June (excl. Queens B'day)

COST \$40

### Tai Chi for People of All Abilities

A simple and elegant movement class.

TIME 11.15am – 12.15pm

DATE 16 April – 25 June (excl. Queens B'day)

COST FREE

### Intermediate Computers

This course expands on our Beginner Plus classes. Learn to: produce well-designed documents in Excel and Word; download and back-up your photos; use a photo editing program; and create a slideshow with PowerPoint.

TIME 12.30 – 3pm

DATE 16 April – 4 June (excl. Queens B'day)

COST FREE (eligibility criteria applies)

### Tai Chi for Health

Explore the 24 steps of Vietnamese Tai Chi using simple, elegant and easy movements.

TIME 1 – 2pm

DATE 16 April – 18 June (excl. Queens B'day)

COST \$5 per session

### Women's Only Yoga

Come and increase your physical health and wellbeing by joining Women's Yoga. This class will help improve your flexibility, muscle tone, and help you unwind and de-stress. Tailored to suit all levels, from beginners to advanced.

TIME 11.30am – 12.45pm

DATE 9 April – 25 June (excl. Queens B'day)

COST \$5 per session

## TUESDAY

### Introduction to iPad Training

Improve your knowledge and understanding of using an iPad. This course aims to link people to the community and workforce through new technology and will cover the following topics: advantages and weaknesses of iPad technology; customising your iPad; using email; App Store; YouTube; useful applications such as radio; forecast; calendar; clock; voice recorder; reminder; taking pictures; communication techniques; and using web browsers.

TIME 9.30am – 12.30pm

DATE 24 April – 26 June

COST FREE (past students cannot enrol)



### Conversational English

This small class will focus on developing and improving your English speaking, reading and listening skills. Participants will learn basic daily conversational English that will assist in everyday life.

TIME 9.30am – 12.30pm

DATE 17 April – 26 June

COST FREE



### School Age Yoga

Your child will learn poses, breathing exercises, play and creative movement that will assist them in their physical and emotional wellbeing. This class will enhance your child's strength, flexibility, coordination, balance and concentration.

TIME 4 – 4.45pm

DATE 17 April – 26 June

COST \$55

## WEDNESDAY

### Positive Steps Walking Group

Walking is a great way to boost your strength, fitness and general wellbeing. Join us for a brisk walk around the suburb or a gentle stroll around the park. On your return, enjoy a cuppa and a chat with fellow walkers. All fitness levels welcome!

TIME 10am – 12pm

DATE 4 April – 27 June (excl. Anzac Day)

COST Gold coin donation

### Beginners Plus Computers

Designed for people who have some knowledge of computers. Introduces students to the basics of how a computer works, Microsoft Word and the Internet.

TIME 9.30am – 12pm

DATE 18 April – 6 June (excl. Anzac Day)

COST FREE (eligibility criteria applies)

### Maidstone Community Playgroup

Connect with other parents while your children are having fun! Run by an experienced facilitator, your children will explore the delights of painting, play dough, dress ups, water play and planting in our gorgeous garden. Mums and dads will also be treated to special pampering sessions, plus guest musicians and artists will enhance the joy for everyone!

TIME 9.30 – 11.30am

DATE 18 April – 27 June (excl. Anzac Day)

COST Gold coin donation

### Ballroom Dancing

Enjoy a social night of fun and exercise while learning basic ballroom dance sequences including: Waltz, Foxtrot, Quickstep, Cha Cha and Rumba. Come on your own or with a partner. Suitable for all dance levels!

TIME 7 – 9.30pm

DATE 18 April – 27 June (excl. Anzac Day)

COST \$5 per session

### Intermediate Computers

This course expands on our Beginner Plus classes. Learn to: produce well-designed documents in Excel and Word; download and back-up your photos; use a photo editing program; create a slideshow with PowerPoint.

TIME 12.30 – 3pm

DATE 18 April – 6 June (excl. Anzac Day)

COST FREE (eligibility criteria applies)

### Plarn Workshop

Workshops will focus on recycling and reusing plastic bags to help our environment. Learn how to make plarn (plastic bag yarn) and create a swag mat to donate to the homeless!

TIME 9.30 – 11.30am

DATE 4 April – 27 June (excl. Anzac Day)

COST FREE (please bring plastic bags)

## THURSDAY

### Music for Hip Toddlers

Come on a rollicking ride through dance and percussion and ROCK OUT with Razz, the Mighty BUZZniks' front person extraordinaire! These classes will leave you and your mini people feeling exuberant, with songs you don't mind having stuck in your head! Music is a fun way to stay fit and keep active toddlers busy. Suitable for 0 – 4 years.

TIME 9.15 – 10am

DATE 19 April – 14 June

COST \$45 term

### English as an Additional Language

Improve everyday English skills through reading, writing, speaking and listening.

TIME 9.30am – 1.30pm

DATE 19 April – 30 June

COST FREE (eligibility criteria applies)

### Creative Dance for Kids & Carers

Children use their imagination and develop their senses to express how they feel through movement. It's a great way to keep active little people happy and engaged while socialising and exploring with others! Suitable for 3–5 years.

TIME 10 – 10.45am

DATE 19 April – 14 June

COST \$45 per term

### Women's Only Yoga

Come and increase your physical health and wellbeing by joining Women's Only Yoga. This class will help improve your flexibility, increase muscle tone, and help you unwind and de-stress. Tailored to suit all levels from beginners to advanced.

TIME 10.15 – 11.30am

DATE 19 April – 28 June

COST \$5 per session

### Latin American Women's Craft Group

This Spanish speaking ladies craft group comes together weekly to enjoy a friendly chat and a cuppa.

TIME 10am – 1pm

DATE 19 April – 28 June

COST FREE

### Intermediate Computers

This course expands on our Beginner Plus classes. Learn to: produce well-designed documents in Excel and Word; download and back-up your photos; use a photo editing program; and create a slideshow with PowerPoint.

TIME 12.30 – 3pm

DATE 19 April – 7 June

COST FREE (eligibility criteria applies)

## FRIDAY

### Plarn Workshop

Workshops will focus on recycling and reusing plastic bags to help our environment. Learn how to make plarn (plastic bag yarn) and create a swag mat to donate to the homeless!

TIME 9.30 – 11.30am

DATE 20 April – 29 June

COST FREE (please bring plastic bags)

### Paper Craft Workshop

Paper craft is the art of making cards for any occasion. Two card making kits supplied per class. Each class gives participants new skills you will learn to quill, design and colour your choice of cards. The class brings people together in an enjoyable, welcoming group.

TIME 9.30 – 11.30am

DATE 20 April – 29 June

COST \$10 per session (materials supplied)

### Car Maintenance for Women

Ever wondered about the basic mechanics of your car? Come along and learn how to change your tyres, spark plugs and oil filters! Learn all about battery health, engine belts, jump-starting and so much more with our wonderful female mechanic. Everything easily explained and a car available for lots of hands on work.

TIME 10am – 12pm

DATE 1 June – 22 June

COST \$40

### Nutrition Consultations

Book in for a free 30-minute nutrition consultation to explore your dietary needs for healthy and balanced eating. Run by a qualified naturopath, support your general wellbeing or help prevent certain health conditions such as eczema and diabetes.

TIME Sessions between 11am – 12pm

DATE Ongoing from 20/4

COST FREE – bookings essential

### Beginners Plus Computers

Designed for people who have some knowledge of computers. Introduces students to the basics of how a computer works, Microsoft Word and the Internet.

TIME 12.30 – 3pm

DATE 20 April – 8 June

COST FREE (eligibility criteria applies)

### Global Flavours Cooking Class

Explore tantalising delights from around the world! Create heavenly dishes while soaking up the aromas and atmosphere at our hands on classes. Share cultural food stories and learn new, authentic recipes. Our lovely tutor has a background in food performance art and community cooking. Every alternate Friday.

TIME 1.30 – 3pm

DATE 4 & 18 May; 1, 15 & 29 June

COST \$50 term

## NEW WORKSHOPS & CLASSES

### Kombucha, Kefir, Kimchi & Sauerkraut Workshop

Come and learn how to make these traditional fermentations to improve your gut health and boost your immune system. It will be fun, cheap and easy learning to make four different kinds of fermented foods, using inexpensive ingredients and ordinary kitchen equipment. You will take home some samples, and taste everything you prepare. Healthy and delicious.

TIME 10.30am – 1.30pm

DATE Tuesday 1 May

COST \$35

### Youth Dance

Come along to the Maidstone Community Centre and build a new dance work about your life journey so far, using creative movement and street style. Please wear loose, comfortable leggings and runners (no black soles please). Suitable for age 13-18 years.

TIME 4 – 5pm

DATE 19 April – 14 June

COST FREE



GROW YOUR OWN SEASONAL VEGGIES

### Edible Oasis Gardening Workshop

Learn how to establish and maintain your own edible oasis to create an amazing, lush wonderland. This workshop will focus on organic gardening methods for the urban garden along with great companion planting tips. Don't miss out, limited places!

TIME 11am – 1.30pm

DATE Thursday 24 May

COST \$10

### Community Garden

We have a few FREE garden plots available for those keen to grow their own produce. Give us a call.

## CLASS / WORKSHOP BOOKINGS

For further information or to book please contact us on 9688 0543. Classes at Maidstone Community Centre 21 Yardley St, Maidstone.



## Women with drive

We've received fantastic feedback about our Car Maintenance for Women classes. Monica, the tutor, is an absolute gem and imparts so much great information and practical hands on experience. Her style is easy and warm, and she takes real pride in skilling up women. The next sessions will run in June – don't miss out.

## Some other great opportunities

Our Edible Oasis workshop was a wonderful morning of people from all ages and backgrounds coming together. Taught by the lovely Belinda from Ceres, students learnt about companion planting, creating new beds, composting and mulching. This two and half hour workshop is amazing value for \$10, so well worth enrolling in for term two. We will also continue to run our free Friday nutrition sessions, so don't forget to ring up and put your name down.

## Beautifying our space

A huge thank you to talented artists Julia Both and Justine McAllister. Julia painted the superb mural at the front of our building showcasing our community's love of food and culture. Justine ran a fantastic series of mural making workshops to produce a mural for our back fence, reflecting the natural beauty of the park. Thanks to both Julia and Justine for their time and care in making our centre a beautiful space for everybody to enjoy!

## For the love of food and friendship

Thank you to the terrific team who collaborated to create this year's **Harmony Feast**, held at our Centre a couple of weeks ago – on **Sunday 18 March**. Without the time volunteered by our dedicated community cooks, cultural performers and local community members, this event would simply never happen. It is truly a privilege to host this inspiring and heart-warming annual event. It is estimated that 2000+ people passed through the Centre on the day to enjoy the culinary delights, multicultural entertainment and Human Library.

We had some wonderful feedback from those who attended, including:

*"It was great to share the food and culture of people from our community and talk to our children about the different countries."*

*"I loved everything – the food, the music, and the people. I am grateful to be able to witness the diversity of the day. Thank you for putting on an amazing day for everyone to enjoy."*

*"I loved the singing, the community feel, the variety of food, and the entertainment. It was well organised."*

Anyone interested in participating in next year's Harmony Feast please contact the Centre.

**Pictured right** – Some of our dedicated community cooks for Harmony Feast & our beautiful new front wall mural.

## Photo Gallery



## TERM 2, 2018

# Maidstone Community Centre Newsletter

## Message from the Centre Facilitators

Our eclectic mix of new courses were well received in term 1 and attracted many newcomers to our Centre! We loved seeing so many new local mums and dads walk through the door with their babes and toddlers to enjoy rocking on with the fabulous Razz, who runs our Music for Hip Toddlers class. This program is very popular so if you're interested it's best to book in quickly.

## Creative kids and youth

The Creative Dance for Kids and Carers is also great fun and an amazing way to connect with your child and keep active at the same time. Andy Howitt is an incredible teacher and allows everybody to explore and express themselves in this non-judgemental, energised space. Another appealing factor about both these programs is that they are accessible to most people and work out to be \$5 a session. We are also introducing a new free creative youth dance class on a Thursday afternoon for kids between twelve and eighteen. Andy will also be running this class and it promises to be unique and dynamic so don't miss out!



## Connecting parents

We also had lots of parents and kids join our new Community Playgroup which is run by our friendly paid facilitator. We brought in guest artists to run dance, music and craft workshops for the kids and a lovely masseur to pamper the parents. On every second Wednesday in term two, the lovely Lisa will be running special one-hour creative workshops for the children during playgroup time. For those who just want to come along to chat and hook up with friends, there will be plenty of other fun activities organised and more massages for the parents!

## Cooking up a storm

Our Vegan and Global Flavours cooking classes were also a hit and the food that was produced by our café chefs, tutors and students was sensational. Check out our Facebook page to view all the delicious foodie shots, you so won't be disappointed being a part of these classes! In term two, to compliment all our cooking classes, we will be running a three hour jam packed workshop to teach you all about kombucha, sauerkraut, kimchi and kefir making. This workshop will fill up quickly and is only \$35 which includes take away samples.